

# Try it “Tuesdays”

## Banana Pudding Parfait

Makes: 6 servings—3/4 cups

### Ingredients

1 package (0.8 ounce) sugar-free instant vanilla pudding  
2 cups cold nonfat milk  
4 graham crackers, crumbled (about 3/4 cup crumbs)  
2 bananas, sliced

### Directions

In a medium bowl combine pudding mix and 2 cups of milk. Beat until well blended (about 2 minutes) with a wire whisk, rotary beater, or electric mixer at lowest speed. Let set for 5 minutes. Set out 6 bowls or glasses. Put 3 tablespoons of pudding in the bottom of each glass. Sprinkle a heaping tablespoon of graham cracker crumbs on the pudding in each cup. Layer 1/4 of the banana slices on crumbs. Repeat with layers of pudding, graham crackers, and banana slices. Serve immediately or cover and refrigerate.

For more information, Contact your local EFNEP office

